



MISSOULA
Resource Guide for
Individuals Recovering from
Heart Attack or Stroke



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If you've had a heart attack or stroke, you're at higher risk of having another one. Other risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIA's (mini strokes) are major risk factors for stroke. The more risk factors you have, the greater your chance of having another heart attack or stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides information on programs and services in Missoula to help you make these lifestyle changes.

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This document is also posted on the Montana Cardiovascular Health Program web site at <http://montanacardiovascular.mt.gov>

CARDIAC REHABILITATION

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1–4 weeks after hospital discharge. Physician referral is required and the fees are covered by most health plans.

MONTANA HEART CENTER

Community Medical Center
2827 Fort Missoula Road
Missoula, MT 59802
Phone: (406) 728-4100 x 7560

ST. PATRICK HOSPITAL AND HEALTH SCIENCE CENTER

500 W. Broadway
Missoula, MT 59802
Phone: (406) 329-5824

STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that includes physical activity, education, lifestyle adaptations and emotional support for people who have had a stroke. The goal of stroke rehabilitation is to help you return to daily activities and maintain your best possible physical and emotional health. Physician referral is required and fees are covered by most health plans.

ST. PATRICK REHABILITATION CENTER

4th Floor–Providence Center
902 North Orange
Missoula, MT 59802
Phone: (406) 327-3260

COMMUNITY REHABILITATION CENTER

2827 Fort Missoula Road
Missoula, MT 59802
Phone: (406) 327-4167

DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses and registered dietitians with special training and experience in diabetes management. Individual and group classes may be available. Physician referral is recommended and fees may be covered by some health plans.

COMMUNITY MEDICAL CENTER

Diabetes Management Program
2827 Fort Missoula Rd
Missoula, MT 59804
Phone: (406) 327-4325

ST. PATRICK HOSPITAL AND HEALTH SCIENCES CENTER

Diabetes Management Program
500 W. Broadway
Missoula, MT 59802
Phone: (406) 329-5781

WESTERN MONTANA CLINIC

500 W Broadway 6th Floor
Missoula, MT 59804
Phone: (406) 721-5600



NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral is recommended and fees may be covered by some health plans.

COMMUNITY MEDICAL CENTER

Pam Lockwood, RD
Outpatient Dietitian
2827 Fort Missoula Rd
Missoula, MT 59804
Phone: (406) 327-4325

WESTERN MONTANA CLINIC

Carla Cox, PhD, RD, CDE
500 West Broadway, 6th floor
Missoula, MT 59802
Phone: (406) 721-5600

SUPPORT GROUPS

MENDED HEARTS – Meetings are held the second Monday of each month at St. Patrick Hospital. Group meetings focus on heart patients and their families. Lectures regarding pertinent topics are included and this is a free service. Heart healthy refreshments are provided. For more information, call (406) 329-5824.

STROKE – Community Medical Center – Meets at 7 p.m. the fourth Wednesday of the month. For more information, call (406) 327-4062.

ST. PATRICK HOSPITAL DIABETES – Meets on the 3rd Tuesday of the month at 4:30. Please call (406) 329-5781 for more information.

PHYSICAL ACTIVITY

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.



THE COURT HOUSE SPORTS & FITNESS

3821 Stephens Ave
Missoula, MT 59801
Phone: (406) 721-3940

CURVES FOR WOMEN

Missoula, MT 59801
Phone: (406) 543-9735 or
(406) 721-8448

GOLD'S GYM

2425 W Central Ave
Missoula, MT 59803
Phone: (406) 549-9181

MALLWALKERS

Southgate Mall Community Room
Sponsored by St. Patrick Hospital
Phone: (406) 329-5741

MISSOULA ATHLETIC CLUB

1311 E. Broadway
Missoula, MT 59802
Phone: (406) 728-0714

MISSOULA FAMILY YMCA

3000 S. Russell
Missoula, MT 59801
Phone: (406) 721-9622

MISSOULA PARKS & RECREATION DEPARTMENT

100 Hickory Street
Missoula, MT 59801
Phone: (406) 721-7275
Call for current programs or check the
web site at: [www.ci.missoula.mt.us/
parksrec/](http://www.ci.missoula.mt.us/parksrec/)

MONTANA ATHLETIC CLUB

5000 Blue Mountain Rd
Missoula, MT 59804
Phone: (406) 251-3344

THE WOMEN'S CLUB

2105 Bow
Missoula, MT 59801
Phone: (406) 728-4410

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NEEDYMEDS.COM

www.needymeds.com

Phone: (215) 625-9609

Services Provided:

This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

THE PHARMACEUTICAL RESEARCH AND MANUFACTURERS OF AMERICA (PHRMA)

www.phrma.org

Phone: (202) 835-3400

Services Provided:

The Pharmaceutical Research and Manufacturers of America (PhRMA) trade group has compiled an online directory of patient programs for selected prescription medicines. The directory lists pharmaceutical companies, medications covered and basic eligibility criteria. This directory is not inclusive and includes only companies that are members of PhRMA.

MEDICARE PART D

www.dphhs.mt.gov

1-800-MEDICARE

Services Provided:

To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191.

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Phone: 1-888-477-2669

Web: www.pparxmt.org/

Services Provided:

Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualifying uninsured people get free prescription medications.

BIG SKY RX

Phone: 1-866-369-1233

Services Provided:

Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620.



SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

QUIT FOR LIFE SMOKING CESSATION

St. Patrick Hospital Wellness Center
500 W. Broadway
Missoula, MT 59802
Phone: (406) 329-5741

Services Provided:

Quit for Life is a five-class program offered once a month. One of the objectives of the class is to give participants the tools they need to stay away from any form of tobacco. For more information or to register for the next Quit for Life session, call the Wellness Center at the number listed above.

TOBACCO QUIT LINE

Montana Tobacco Use
Prevention Program
Phone: 1-866-485-QUIT (7848)

Services Provided:

The Tobacco Quit Line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.



SPECIALTY CLINICS & PROGRAMS

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart attack or stroke.

ST. PATRICK HOSPITAL STROKE CENTER

500 West Broadway
Missoula, MT 59802
406 329-2685
www.saintpatrick.org

St. Patrick Hospital Stroke Center treats stroke patients with a multidisciplinary team of stroke experts who provide 24-hour rapid response. Stroke care starts in the Emergency Department and continues through inpatient hospitalization and rehabilitation. A leading edge radiology facility ensures the highest standard of care and the most accurate diagnostic techniques. The Stroke Center's comprehensive care extends beyond hospitalization, as specialists provide stroke prevention and extended rehabilitation.

COMMUNITY BRIDGES

607 S.W. Higgins
Missoula, MT 59803
Phone: (406) 728-4100 ext. 7525 or
1-800-252-7982

Services Provided:

Community Bridges is a program of Community Medical Center's Rehabilitation Center. The program offers comprehensive day treatment, residential, and outpatient therapy services for individuals who have had a brain injury or have other neurological diagnoses, such as stroke. They assist individuals in their transition to the community, facilitating connections with resources and fostering supports that will enable them to be more independent in their home, work and recreation.

THE INTERNATIONAL HEART INSTITUTE

St. Patrick Hospital and Health Sciences Center
554 W. Broadway
Missoula, MT 59802
www.ihimontana.org
Phone: (406) 728-4559

Services Provided:

The International Heart Institute of Montana involves physicians and scientists from St. Patrick Hospital and Health Sciences Center and the University of Montana. It brings together a team of cardiologists, heart surgeons and researchers to perform cardiac procedures and to search for new and improved ways to treat heart disease.

SPECIALTY CLINICS & PROGRAMS

MONTANA HEART CENTER

Community Medical Center
2827 Fort Missoula Rd
Missoula, MT 59804
Phone: (406) 327-4646

Services Provided:

The Montana Heart Center provides on-site cardiology services and testing as well as the Heart Failure Program. The Heart Failure Program features patient education taught by nurses, cardiologists, dietitians and pharmacists.

CARDIOPULMONARY ASSOCIATES OF MONTANA, PLLC

601 W Spruce, Suite A
Missoula, MT 59802
Phone: (406) 329-2945

Services Provided:

CardioPulmonary Associates offers clinical and diagnostic cardiology, interventional cardiology, pacemakers, implantable devices, electrophysiology and echocardiology.

MONTANA NEUROBEHAVIORAL SPECIALISTS

900 N. Orange
Missoula, MT 59802
Phone: (406) 327-3379

Services Provided:

Montana Neurobehavioral Specialists is a team of medical doctors and Ph.D.s in Missoula who diagnose and treat problems of the brain, mind and human behavior.

PARTNERSHIP HEALTH CENTER

323 W. Alder
Missoula, MT 59802
Phone: (406) 258-4789

Services Provided:

Partnership Health Center provides affordable access to therapy services through a network of 50 local physical therapists. Services target individuals with limited income or no health insurance in Missoula County.

MISSOULA INDIAN CENTER

Building #33, Fort Missoula Road

P.O. Box 16927

Missoula, MT 59802

Phone: (406) 829-9515

www.missoulaindiancenter.org

Services Provided:

The purpose of the Missoula Indian Center (MIC) is to promote and foster the health, education and general welfare of urban Native Americans in and around Missoula. MIC provides an information and support system to the Native American community by networking with local health and human service organizations to provide culturally competent services. Programs include:

- Health and diabetes
- Chemical dependence programs
- Tobacco cessation referrals
- Mental health services



NEW DIRECTIONS

University of Montana

Skaggs Bldg 0215

Missoula, MT 59802

Phone: (406) 243-4016

Services Provided:

New Directions is a University of Montana program that offers wellness and fitness programs for people with physical limitations and disabilities. Classes and workshops on wellness, pain management, nutrition and physical therapy are provided. Fees are based on a sliding-fee scale and some services may be covered by your insurance.

These organizations and web sites are sources of credible medical and health information.

SENIOR INFO LINE AND RESOURCE CENTER— MISSOULA AGING SERVICES

337 Stephens

Missoula, MT 59802

Phone: (406) 728-7682

www.missoulaagingservices.org

Services Provided:

Missoula Aging Services is responsible for planning, coordinating and delivering services which support Missoula County's older residents, their families and caregivers by:

- Promoting independence and dignity
- Serving elders with the greatest need
- Providing easy access to services
- Providing opportunities for seniors to make a difference in their communities
- Providing consumer education and advocating for quality services

ST. PATRICK SENIOR SERVICE PROGRAM

500 W. Broadway

Missoula, MT 59802

Phone: (406) 329-5740

Services Provided:

The Senior Service Program was developed in collaboration with the Montana Senior Citizens Association, District 11, to provide the following benefits to persons 65 years of age and older:

- Personal Senior Service identification card which can help reduce the paperwork of hospital admission and discharge
- Access to financial counseling to assist with medical bills
- Health risk assessments and educational seminars
- Waiver of the Medicare Part A deductible, according to income, exclusive of Social Security
- Prescription discount card
- Sponsor of the Southgate MallWalker Program

CONSUMER HEALTH INFORMATION

ST. PATRICK HOSPITAL REFERENCE SERVICE

500 W. Broadway
Missoula, MT 59802
Phone: (406) 329-5711

Service Provided:

The library is open to the general public to access medical and consumer health information. The librarian is available to assist you with finding information within their collection or on the Internet.



ORGANIZATION

WEB SITE

American Council on Exercise

www.acefitness.org/fitfacts/

American Dietetic Association

www.eatright.org

American Heart Association

www.americanheart.org

American Stroke Association

www.strokeassociation.org

Community Medical Center

www.communitymed.org

**St. Patrick Hospital and
Health Sciences Center**

www.saintpatrick.org

**Montana Association of
Cardiovascular & Pulmonary
Rehabilitation**

www.angelfire.com/mt2/macvpr

**Montana Cardiovascular
Health Program**

<http://montanacardiovascular.mt.gov>

Montana Dietetic Association:

www.montanadieteticassociation.org

MOVE Missoula

www.co.missoula.mt.us/healthpromo/move%20Outside.htm

**National Heart, Lung and
Blood Institute**

www.nhlbi.nih.gov

Social Security Administration

www.socialsecurity.gov

USDA Food Guide Pyramid

www.mypyramid.gov

QUESTIONS?

If you have questions about this resource guide, contact:

MIKE MCNAMARA, M.S.
MONTANA CARDIOVASCULAR HEALTH PROGRAM

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620

Phone: (406) 444-9170

Fax: (406) 444-7465

E-mail: mmcnamara@mt.gov

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Missoula-area guide.

1. Was the guide useful? Yes No

2. Which sections did you use as a reference?

- Cardiac Rehab Facilities
- Stroke Rehab Facilities
- Diabetes Management Programs
- Nutrition Education/Counseling
- Support Groups
- Physical Activity
- Prescription Drug Patient Assistance Programs
- Smoking Cessation
- Specialty Clinics & Support Services
- Consumer Health Information

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:

Mike McNamara, M.S.

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620-2951

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